

Hawaii MARINE LIFESTYLES

Hawaii Marine B Section

January 18, 2001



With mirrors on both sides of the Family Gym, students can watch themselves as they kick and punch their way through a day of practice.

KARATE

K-Bay class offers more than just fighting skills

Story and photos by
Cpl. Roman Yurek
Combat Correspondent

Unlike Keanu Reeves, most people can't stick a plug into the back of their head and learn karate or any martial art to perfection in a matter of minutes.

But there is more to martial arts than fast kicks and punches; there is a sense of respect and morals taught.

Anyone interested in martial arts can go to one of the three different schools aboard MCB Hawaii, Kaneohe Bay. One of those schools is Kokusai Goju-Kan Karate Hawaii.

Sensei Dean Nakamoto teaches more than 20 students ranging from the age of six and older. His students are children, spouses and even Marines.

"I train the mind and moral character of each person," said Nakamoto. "The true purpose of Karate is to develop a good person."

From 5:30 to 7 p.m., the students learn the proper techniques of Goju-Kan Karate.

The class also teaches respect shown not only to Nakamoto, but also "between the belts." Much like the military's rank structure, the class has a similar structure, but it is worn around a person's waist.

Respect and obedience is given to the higher belts.

This class is not for everyone, explained Nakamoto. To determine if someone is ready to be taught by Nakamoto, they go through an evaluation phase.

A potential student attends a few classes first, said Nakamoto. Then, depending on how serious the student is, he allows them to join the class.

Just like the military, there is a prescribed

uniform that each student must wear to class. The uniform, consisting of white pants and a top, or gee, can range from \$15 to more than \$100.

Once the proper uniform is bought through Nakamoto, the training begins.

Due to the amount of people that move on and off base every year, Nakamoto is not able to teach a student for more than three years.

"Whether someone has had prior teachings, they all start at the beginning," according to the sensei. "Usually if a student has had prior teaching, they move up through the ranks a bit quicker, until they get to the place they were at before."

For an hour and a half, students learn through demonstration and application how to properly perform the lessons that Nakamoto teaches.

At the end of every class, the students perform a "kata." The kata is a formal pattern of movements, much like drill movements in the military.

Then, before leaving until the next class, the students all bow in respect for their sensei and say the virtues of Goju-Kan.

One of those virtues is to "respect the ideals of loyalty and honor tradition."

After the virtues are recited, the students gather their bags and head for home. Another day of practice is complete.

"When class is over, I go home and practice what I was taught," said yellow belt Larry Chun. "That way I can advance faster."

Anyone interested in the class can speak to Nakamoto at the Family Gym located near the 7-Day Store, Monday, Wednesday or Friday from 5:30 to 7 p.m. The class costs \$35 a month for a total of 12 classes on average.



During a demonstration of defending techniques, Sensei Dean Nakamoto elbows Sean Bryan. He does the movements so slow that they other students can see how to properly perform the movement.



More than 15 students practice defense moves under the watchful eye of sensei Nakamoto.



As students practice their skills on their partners, Nakamoto ensures they properly execute the techniques he has taught them.



Sean Bryan, a green belt in the class, elbows Larry Chun, a yellow belt, after an attempted punch to the head during the class' defensive training portion.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Aisoff, MCCS Public Affairs

Happy Hat Day! Did you know that Jan. 20 is national Hat Day? In honor of this very regal day, think about the many “hats” you wear on a daily basis.

In our country, on this base, each of us wears many “hats.” Your hat wardrobe may include parent, son, daughter, Marine, Sailor, spouse, mentor, friend, co-worker, boss and then some. What are you doing to enrich your unique “hats?”

Marine Corps Community Services continually provides options to increase your leisure, sport and professional activities and engagements all while saving you some green in your wallet. Take a look at what’s going on this week. Isn’t it time to dust off your hats and see them in a new light?

Pooh Day

Come celebrate “Pooh Day,” at the Base Library’s Storytime, today from 10 – 11a.m. Jan. 18 is A. A. Milne’s birthday (1882), author of the Winnie the Pooh children’s books. Bring the kids to listen to the adventures of Christopher Robin, Pooh and Tiger too. Open a book. Open your mind. 254-7624.

NFL Military Challenge

Are you up for the challenge? Remember how often this football season you’ve screamed through your TV at the NFL pros for messing up a perfectly good play? You know you could have performed much better—well now here’s your chance to prove it. Sat. Jan. 20 at 10 a.m. at the Pop Warner Field, try out to become one of the six-member Team Marine Corps Base Hawaii during the NFL Military Tryouts.

Top performers in the following six categories will compete in the NFL Military Challenge Sat. Feb. 2:

40-Yard Dash, Field Goal Kick, Air-it-Out, Quarterback Challenge, Down & Out, and the Long Snap

Participants are encouraged to arrive a bit early for registration. If you’ve got the right stuff, MCBH needs you. Call Jason Enrique at 254-7591.

Dig it, Slide and Batter Up

Get your kids off the couch and into some healthy competition that builds team spirit and high self-esteem. Windward Federal Credit Union and Youth Activities is seeking youth ages 5 – 17 to participate in the Police Activity League (PAL) in:

Volleyball (\$25, register through Jan. 31, ages 7 – 14 only) Inline Hockey (\$55 register until 17 players per team are filled) Baseball, Softball & T-Ball (\$35 register through Feb. 2)

Volunteer coaches are needed. If you have experience, talent and time, MCBH’s youth needs your guidance. For more Youth Activities

information, call 254-7611.

Luring Lunches

Tired of the same old humdrum lunches? Whether you’re in need of a nutrient Fest or seeking entertainment or a stress-buster, MCCS makes it all possible with the O-Club, Fairways Sports Grill, K-Bay Lanes and the Semper Fit Center.

O’Club – Break up your work day with a scrumptious daily lunch theme...

Mexican Monday
Create-Your-Own Pasta Tuesday & Thursday
American Buffet Wednesday
Seafood Friday
The O’Club serves lunch for members and their guests from 11 a.m. – 1 p.m. 254-7650.

Fairways Sports Grill – For monster-sized sports & snacks, hit the grill!

Great atmosphere and tasty mid-day delights are found at this open-to-all diner. The Fairways Sports Grill’s new hours are Mon. – Thurs. 7 a.m. – 6:30 p.m. Fri. Sat. & Sun 6 a.m. – 6:30 p.m. 254-5592.

K-Bay Lanes – tempting snacks and a little recreation is right up your alley!

Try out their new “Neon Pin Special,” Mon. – Fri. from 11 a.m. – 1:30 p.m. now through April 30. Active duty and reserve personnel will win a free game if the neon pin is in the “head pin position” and the bowler roll a strike. Participants may win up to three free games a day. 254-7664.

Semper Fit – Kicking your way to a healthy you

Active duty military come kick your way to “hottie status” for free. Mon. – Fri. at 11:30 a.m. active duty military may take aerobic kicking and circuit classes for free.

Get a hold of the new Semper Fit Group Exercise Calendar for all the latest classes, times and instructors. Single classes cost \$2 or you may purchase a book of 10 classes for only \$15. Call 254-7597.

Tick-tock Child Care by the Hourly Clock

No doubt, you love your child. But let’s face it grocery shopping, running to and from the dry-cleaners, taking the pet to the vet and get-

ting an oil change would run much smoother if you didn’t have to stop for potty, snack and nap breaks.

Or perhaps you’d like some “me” time to squeeze in an exercise class or some pretend vacation time soaking up the rays at the beach. It’s now possible with the Grand Opening of the Hourly Child Care Center. This formally Armed Services YMCA program is now under the Child Development Center’s direction and located in Bldg. 579. Hourly childcare appointments are available Mon. – Fri. from 8 a.m. – 2 p.m. Reservations may be made up to two weeks in advance.

For a safe, convenient, reliable classroom setting, take your keiki to the Hourly Care Center. They’ll socialize while you take care of business. 257-8354. Fees are subject to rank.

Self-enriching – Professional Grooming – Relationship Communicating

For all stages and all phases, Personal Services offers free classes for all facets of your life. Here are their coming attractions:

Monday
FBI Recruitment Brief, 9 – 11 a.m. Bldg. 267, # 2. Call 257-7790
Money Management, 10:30 – 11:30 a.m. Bldg. 220, # 3. Call 257-7787.
Checkbook Management, 1:30 – 2:30 p.m. Bldg. 220, room D. Call 257-7787.

Tuesday
Get Organized, 11:45 a.m. – 1 p.m. Bldg. 216, # 57. Call 257-7790.

Wednesday
How to Start Your Own Business, 9 – 11 a.m. Bldg. 267, # 2. Call 257-7790.
Housing Hurdles, 10:30 – 11:30 a.m. Bldg. 220, room D. Call 257-7787.
Stress Management, 11:45 a.m. – 1 p.m. Bldg. 216, # 57. Call 257-7787.

Striking News...

K-Bay Lanes is getting their best together and they want you! If you’ve ever considered joining a bowling league, now is the time to act. An Intramural Bowling League will begin

Thurs. Jan. 25 and run through July 26. An organizational meeting is scheduled for tonight at 6:30 p.m. at K-Bay Lanes. All prospective bowlers should attend.

The league is open to active duty personnel, MCCS employees, DoD Civilians and family members.

An organizational Women’s Bowling League meeting is scheduled for Mon. Jan. 22 at 6:30 p.m. at K-Bay Lanes. The Ladies’ league will run from Jan. 29 – August 6. For additional bowling information, call K-Bay Lanes’ Manager, Deborah Bruns at 254-7693.

Bike it, Baby...

Cruise the Criterium
All of Oahu’s mad-dashing cyclists are invited to compete in the 7th Annual Headquarters Battalion Criterium; speed bike heats, Saturday, February 3 at 11 a.m. at Dewey Square aboard Marine Corps Base Hawaii, Kaneohe Bay.

As part of the Commanding General’s Semper Fitness Series 2001, the HQBN Criterium is the first race of the year, is open to the public and contestants as young as four years old may enter. Cyclists from every skill level will vie to conquer the Criterium over a .085 mile flat circuit with both left and right 90 degree turns.

Gatorade, Island Demo, Saturn of Honolulu and The Bike Shop proudly sponsor this choice Criterium. All participants must pass a bike safety inspection conducted before the race. Top performers in each of the 10 categories will receive awards and prizes.

The Grueling Grunge

Can you handle 12 miles of mountain bike, in-your-face, Bike the Base Race? It all happens Saturday, Feb. 3 at 8 a.m. at Dewey Square aboard Marine Corps Base Hawaii, Kaneohe Bay as part of the 7th Annual Commanding General’s Semper Fit Series 2001. Contestants in various age categories will compete in the Headquarters Battalion’s Bike the Base Grueler on their preferred mountain bike-style cycle over 12 miles of on and off raging, grueling paved and dirt paths. All races will begin in 30-second series’ parted by class. All participants must pass an on-site bike inspection prior to the race.

Pacific Velo, McCully Bicycle and Saturn of Honolulu invite the entire island to tackle this challenging terrain and compete against some of the best biking athletes on the island.

Registration fee is \$12 and comes with an exclusive Bike the Base Grueler T-shirt. Contestants registering after Jan. 26 are not guaranteed to receive a shirt. For more grueling information, contact Semper Fit’s Steve Kalnasy at 254-7590.

SM&SP

SM&SP offers options to Marines, Sailors

Cpl. M. Trent Lowry
Combat Correspondent

Finding an activity to take up one’s time can be a challenge for single Marines and Sailors living in the barracks, especially for those servicemembers just arriving in Oahu.

The outlook for these personnel is not grim, however, because developing activities for single sea servicemembers is the mission of the Single Marine and Sailor Program.

Under the guidance of coordinator Dawn Williams and enlisted representatives from each of the base and tenant units, the program has grown into an organization ripe with opportunity for better recreational activities, quality of life and community service for single Marines and Sailors.

“The program is designed for all active duty singles, though the focus is on the sergeants and below,” Williams said. “We feel we can do something for the younger Marines and Sailors. This is a way for them to be involved in something positive.”

The program is built upon six core

components that offer a variety of benefits to the single servicemember. The pillars of SM&SP are recreational activities; health and wellness; community involvement; quality of life; career progression and life skills.

“The program is a liaison to a door of opportunities. You don’t have to be a member of a club to participate; these things are available to anybody,” said Williams.

Examples of the activities planned by the SM&SP include golf tournaments, volunteer work with Ronald McDonald House and outer island trips to Maui. Though not possible in every instance, most of the activities offered by the program are at little or no cost to the single servicemember.

The different activities that the SM&SP offers gives the young servicemembers a variety of opportunities to interact with each other and the community.

“I think all the activities are important, but community relations is probably the most critical of all. No matter what we do, Marines are not isolated; we’re part of a larger

community. There are lots of things the young Marines and Sailors can do to benefit themselves and the community,” said Sgt. Maj. Filipo Ilaoa, MCB Hawaii sergeant major.

Through the years the program has received staunch support from the command, and Ilaoa indicated that he will give his helping hand to the program, as well.

Even with the plethora of activities in which servicemembers can participate through SM&SP, the attendance has been lower than what the program’s planners had in mind.

“The participation is not where I’d like to see it go. We need to continue to get the word out to the single Marines and Sailors,” said Ilaoa.

The Marine and Sailors can learn about different opportunities for participation from their staff non-commissioned officers, newspaper features and unit representatives.

The program has a Marine or Sailor from each unit on base to represent the voices of their unit’s servicemembers, and the goal of the program is to have the representatives pass the word directly to the Marines and Sailors. In November,

Sgt. Jeremy Riglesberger passed the torch on to Petty Officer Second Class John J. Konecko as the new president of the SM&SP council.

“The main thing I’d like the Marines and Sailors to know is that we’re here working for them. We encourage them to contact us by phone or e-mail or in person. We want to know what they want,” said Konecko, the senior medical department representative for Combat Support Company, 3rd Marine Regiment.

Konecko said that any personnel interested in participating in the council meetings at the Windward Enlisted Club are welcome every first and third Wednesday of each month.

The next activity planned by the SM&SP is the Shank and Slice golf tournament Jan. 26 at the Kaneohe Klipper Golf Course. The cost is \$20 to enter.

Whether the event is a basketball tournament or a volunteer community service activity, the single personnel on base have a powerful ally in their corner in the Single Marine and Sailor Program.



SM&SP Preview

If you’re single, or are E-5 and below and are not already of this patron-driven, money saving, action-packed crew, what are you waiting for? You won’t find savings like this for island-wide excursions, sporting events, concerts and more anywhere.

Coming attractions...
Shank & Slice

So what if you’re not Tiger Woods. So what if you don’t know the difference between a putter and a five-iron (these are golf clubs), there’s a first for everything. Make your reservation now for the Shank & Slice I, staged for Fri. Jan. 26 at the K-Bay Klipper. Tee time is 12:30. Prizes from 24-Hour Fitness, Robert’s Hawaii, GEICO Insurance and more. Prizes will be awarded on blind draw. \$20 per person. Spaces are limited. Register through Jan. 23.

Sky Surfing Glider

Are you looking for an adrenaline rush? All active duty singles and E-E & below are invited to fly with the SM&SP Sat. Feb. 24. This event is a \$100 value that only costs the SM&SP participants \$30 per person. (They even throw in a BBQ lunch!) Register Jan. 20 – Feb. 24. Call Dawn Williams at 254-7593.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Parents must purchase tickets for “R” rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office. Phone 254-7642 for recorded information. Evening movies start at 7:15.

Vertical Limit (PG-13)
Charlie’s Angels (PG-13)
Proof of Life (R)
The 6th Day (PG-13)
102 Dalmations (G)
Unbreakable (PG-13)
How the Grinch Stole Christmas (PG)

Friday at 7:15 p.m.
Friday at 10 p.m.
Saturday at 7:15 p.m.
Saturday at 10 p.m.
Sunday at 3:30 p.m.
Sunday at 7:15 p.m.
Wednesday 7:15 p.m.

MCCS MISSION

Uplift the spirits of the Marine Corps and Navy families and support Marine Corps and Navy readiness and retention through customer owned and driven MCCS programs, goods and services in garrison and deployed environments.

Talk to MCCS!

Do you have questions or comments about Marine Corps Community Services?

What about suggestions? Voice your opinion!

E-mail your questions, comments, concerns or suggestions to

www.talktomccs@usmc-mccs.org.



Debbie Aisoff

The new Klipper logo has made Pro Shop items like caps and towels popular.

Play like a pro on the new, improved Klipper Golf Course

Jim Bocci
MCCS Marketing Director

I place my ball on the 13th tee, take a practice swing, and with a quick “thwap” promptly slice my ball into the Pacific Ocean. The bad news is I just lost a stroke and a ball. The good news is I just lost a stroke and a ball. Why is that good news? I’m getting in a round at the new and improved Klipper Golf Course and any round of golf, even a bad round is still a great way to spend the day.

Wait a minute, did he say new and improved? Is he talking golf, or laundry soap? Golf my friends — and although the Klipper Course has been around since 1939, today’s Klipper Course is definitely not the course of old. A new irrigation system, new greens, and a new logo have all contributed to a course that is currently looking and playing like one of the premier courses on Oahu.

Change for the Better

The Klipper Course is wrapping up construction on a new irrigation system. We’re not just talking sprinklers here.

Course Superintendent, Steve Smith-Swanhart calls it one of the most advanced irrigation systems available, complete with its own weather station. “The station collects data throughout the day on moisture, wind speed, and humidity,” says Steve. “We can then use that data to program the sprinkler system to distribute just the right amount of water when and where it is needed.”

Another project Steve is working on is replacing current Bermuda Grass greens with heartier Seashore Paspalum. This very adaptive, hearty grass can handle the salty ocean air. The Paspalum

also requires less fertilizer, so it’s better for the environment.

Challenging Course

The Klipper can play like a different course every time you go out depending on the tradewinds. If the trades are down, the course can be a leisurely and beautiful, even forgiving round. If the trades are up, you could easily find yourself overshooting the green by twenty yards, or looking for your ball the next fairway over. The shot you nailed with your seven iron last time, might need a soft touch with a sand wedge the next time.

Here are a few of the tough shots to watch out for. Try to pop it over the grass berm and straighten out the dogleg on the 5th tee. Just don’t get caught in front of the imposing old Kiawe tree guarding the approach to a slanted green that is tough to stick.

The second shot on the 12th hole is up a narrow throat of a fairway to a false green. Toss in a 15-mph Tradewind, and you have what Klipper Pro Todd Murata calls, “. . . the toughest second shot on the course.” The narrow 13th fairway is all ocean down the right side, and unforgivable rough down the left. This fairway is harder to hit than it looks. The eye candy alone can take you out of your mental game. With the trades you can hit the drive of a lifetime as long as you keep your shot straight. If the Kona winds are up, watch out.

Whether you’re a two-handicapper or a 25-handicapper, the Klipper is a great course to play. Warm up by hitting a bucket at the driving range, or practice your chipping or putting prior to going out. When you’re finished, go over your score with a burger and a beverage in the Fairways Sports Grill. For more info, call the Pro Shop at 254-3220.



MCCS Photo

Humpback whales can be spotted on the oceanside of the Klipper from now through March.

WORD TO PASS

DeCa Scholarship
High school students of active duty, reserve component, and retired military members can win scholarship awards worth at least \$1,500 each thanks to the new Scholarships for Military Children program sponsored by the Defense Commissary Agency (DeCA) and the Fisher House Foundation. The American Forces Press Service reports that students need a minimum 3.0 high school grade-point average to apply and must write a short essay on “What Being a Military Dependent Means to Me.” Completed applications and essays must be returned to the student’s local commissary before Feb. 15, 2001. Store officials will validate applications. More than 280 awards totaling over \$400,000 in college money will be presented. Interested students can pick up instructions and applications at commissaries or download them from the DeCA Website at <http://www.commissaries.com>.

Sail Atlantis
Sail aboard Atlantis Adventures’ renovated Navtek. The Navtek sails from Pier 6 at Aloha Tower Marketplace four times a day. Prices range from \$39 to \$180 for adults and \$26.50 to \$134 for children, depending on the type of cruise. For more information, call 254-7563.

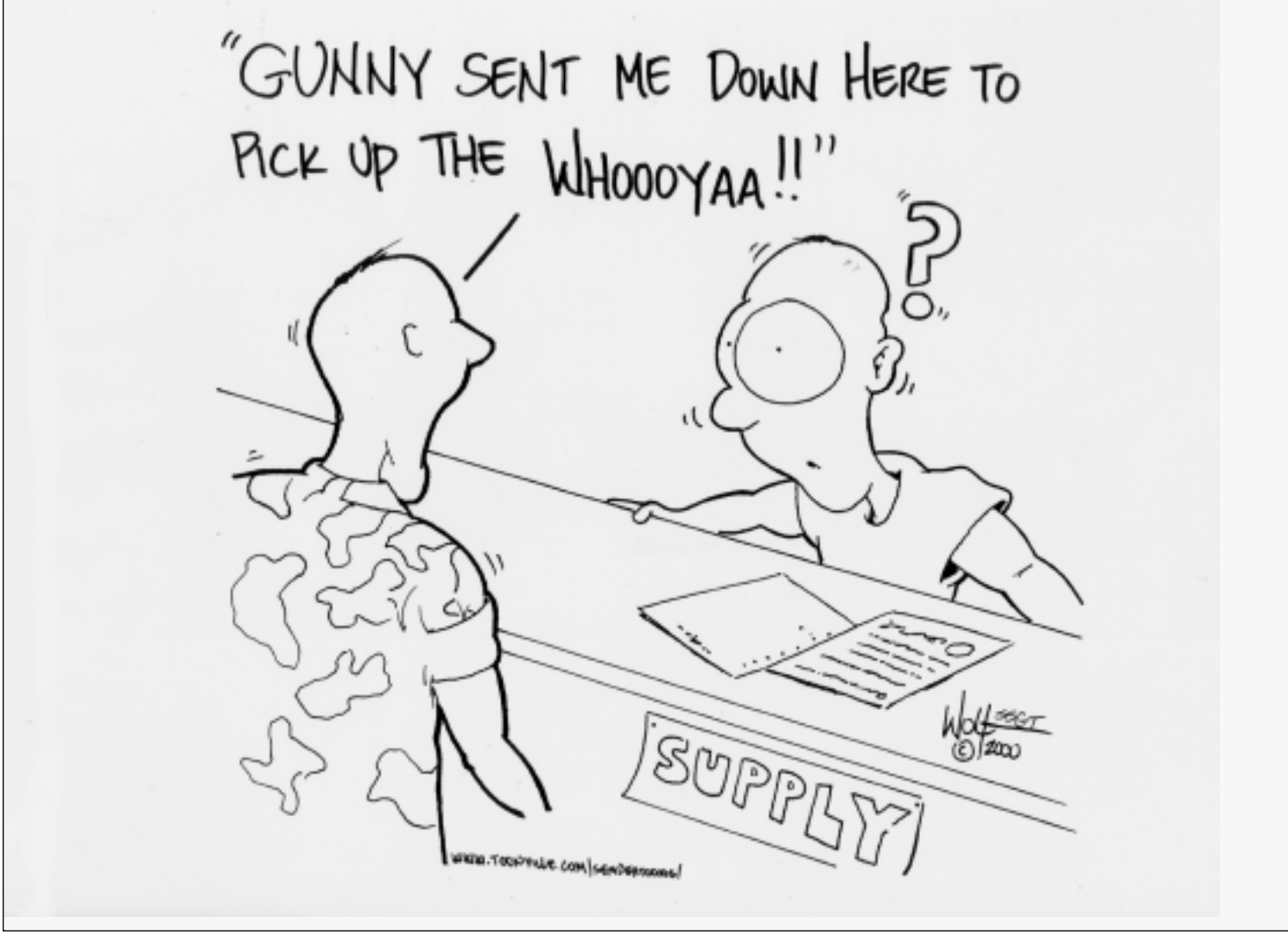
Society of Military Widows
The Society of Military Widows meets the first Friday of the month at 6 p.m. at MCB Hawaii, Kaneohe Bay Officer’s Club for an informal Mongolian Barbeque. We also meet every third Saturday of the month at different locations. For more information, call 262-7953.

Rod and Gun Club
The Kaneohe Rod and Gun Club meets on the first and third Tuesdays of each month at the Bachelor Officer’s Quarters conference room. For more information, call Wally Heyer at 254-5739.

Ho’omaluhia Walks
Tropical Plant Nature Walk is held at 10 a.m. Saturdays and 1 p.m. Sundays at Ho’omaluhia Botanical Garden. Participants should wear walking shoes and insect repellent. Rain gear is recommended. Call 233-7323

Mustang Club seeks members
The Mustang Association is trying to increase its membership. If you were enlisted and made it to the officer ranks, you are eligible for member-

SemperToons By Staff Sgt. Charles Wolf



ship. Marines, active duty or reserve, male or female, retired and honorably discharged are welcome to join. For an application write to MCMA Inc., P.O. Box 1314, Delran, N.J., 08075-04121.

Year 2001 Stuhr Scholarships
The Board of Trustees of the Cmdr. William S. Stuhr Fund for military sons and daughters announces the availability of its year 2001 scholarships for the sons and daughters of active duty or career members of each of the five branches of the U.S. Armed Forces.

- Five scholarships will be awarded to high school seniors, one for each service. Each scholarship is for \$4,500 divided equally over four years.
- To be eligible, students:
- Must be a 2001 high school senior.
 - Must have a junior year and first half of senior year in the top 10 percent of his/her class.
 - Must have evidence of extra-curricular activities and demonstrated leadership.
 - Must be a bona fide dependent of an active duty or retired career military member, either officer or enlisted.
 - Must be planning to attend a four-year credited college.
 - Must be prepared to be our guest with parents at a scholarship awards function given in late May or early June.

- Application criteria may be obtained by:
- Writing and enclosing a self-addressed envelope to the Executive Director, Cmdr. Stuhr Scholarship Fund, 1200 Fifth Avenue, Suite 9-D, New York, N.Y. 10029.
 - Sending your request with your name and address by e-mail to stuhrstudents@earthlink.net.
 - We cannot respond to phone inquiries.
- The scholarship is not available to students already attending a college or university or to family members of reservists. Completed applications must be received by Feb. 15, 2001.

Semper Fit Massage
Massage is available by appointment at the Semper Fit Center. Choose from Michelle Narhi, who specializes in Swedish, Deep Tissue, Aromatherapy and Reiki; Akua Lum, who specializes in Swedish Esalen, Trigger Point, Deep Tissue, Stretching and Connective Tissue; or Johanna Chung, who specializes in stress reduction table massage using Reiki, Swedish, Acupressure and Body Mobilization Techniques. Cost is \$40 per hour or \$25 per half hour. Call Semper Fit at 254-7597 for an appointment.

Island Tour
Learn about the history and culture of Hawaii. This free, day-long tour begins and ends at Personal Services, Bldg. 216. Bring a lunch and sun

protection. To reserve a space on the tour, call MCCS Personal Services at 257-7790.

Transition Assistance Class
The Family Member Employment Assistance Program provides resume assistance, job referrals, federal job assistance, monthly workshops and one-on-one counseling – all at no cost. For more information call 257-7790.

ITT Tickets and Tours
Information, Tickets and Tours offers a variety of discounted tickets for activities island-wide, including cruises, luaus, movies and more. The ITT hours of operation are Mondays through Saturdays from 9 a.m. to 7 p.m. and Sundays and holidays from 9 a.m. to 5 p.m. For more information on ITT, call 254-7563.

DAV Offers Rides
The Disabled American Veterans offers free van rides for any veteran having difficulty getting to or from medical appointments at the Veterans Administration or Tripler Army Medical Center. Certain restrictions apply. Call at least three days in advance for an appointment. For more information, call 433-2477.

Banking On It
Learn how to choose a financial institution. Discuss advantages and disadvantages

of maintaining a checking account. Learn how to accurately reconcile a checking account. Evaluate savings account options. Compare and contrast the advantages and disadvantages of electronic banking services. For more information or to register, call 257-7783.

Car-Buying Maneuvers
Calculate how much you can afford to spend for the purchase and ongoing costs of operating a vehicle. Compare the advantages and disadvantages of buying versus leasing a car. Identify reliable sources of information for evaluating cars. Discuss how to inspect a car, both on and off the lot. Compare the costs and benefits of service contracts. Phone 257-7783 to register for class.

PCS Moves Workshop
This workshop is mandatory for Marines E-1 through E-6 and O-1 through O-3 currently stationed aboard MCB Hawaii with PCS orders. This workshop is facilitated by the Traffic Management Office, the Temporary Lodging Allowance Office, and the Base Disbursing Office representatives who provide valuable information

and insight on PCS moves. To reserve a space for the workshop, call 257-7790.

Meals on Wheels
Meals on Wheels is seeking volunteers to deliver meals to isolated elderly and home-bound people on the island. Call Patty at 988-6747, or Marilyn at 531-0555.

Heart Disease
Worried about heart disease and strokes? Call the American Heart Association at 1-800-242-8721 for ways to gain information on your concerns.

“Long Term Care” Seminar
A free long-term care seminar entitled, “Road to Long-Term Care” is being sponsored by the Pearl City and Aiea Branches of Edward Jones on Friday from 11:30 a.m. to 1 p.m. Topics will include current long-term care alternatives; Who really pays?; A closer look at Medicare, medicaid and long-term care insurance policies — who needs them and why. Seminar will be held at Buzz’s Original Steak House at 98-751 Kuahao Place. Seating is limited. Call Danny Alvarez at 487-5066 for reservations.

Ocean Concepts Scuba, Inc. Beach Cleanup
More than 100 scuba divers, their friends and families are scheduled to participate in a cleanup of Kahe Beach Park on Feb. 10. The event is free and open to the public. The event will kick off at 10 a.m. For details, call 677-7975.

Third MarDiv Reunions
The Third Marine Division Association will be holding its 47th Annual Family Reunion in Irving, Texas from Sept. 26-30. All Marines who have served with, or have been attached to the Third Marine Division are encouraged to attend. For more information, logon to www.caltrap.com or call Sgt. Maj. Bill Krueger at (703) 451-3844 or Bill Ervin at (303) 494-7752.

First Battalion, 3rd Marine Regiment Reunion
Marines from 1/3 will be holding their annual reunion in conjunction with the Third MarDiv Reunion in Irving, Texas.

For more information, logon to <http://members.aol.com/hatch101> or call Bill Ervin at (303) 494-7752.